

EXHIBIT

“17”

SATURDAY		WEEK: 1									
MEALS:	Diet Load Sheet	SERVING	Gen Pop.	Dental Soft	Cardio/Low Fat/Low Salt	Pregnancy/Enhanced*	Vegetarian/Lact/Divs	1100P	Diabetic*	2500	Diabetic*
Canned Fruit	Cup	1/2	1/2	1/2	No Added Salt/Fat	1/2	1/2	1/2	1/2	1/2	1/2
Oatmeal	Cup	1	1	1		1	1	1/2	1/2	1	1
Scrambled Eggs	WZ	3	3	1 1/2		4	3	1 1/2	1 1/2	3	3
Enriched Bread	Slice	3	3	3		3	3	1	1	2	2
Jelly	WZ	1/2	1/2	1/2		1/2	1/2	1/2	1/2	1/2	1/2
Margarine	WZ	2/3	2/3	none		2/3	1/2	1/2	1/2	1/2	1/2
Sugar	Each	3	3	3		3	3	1 tsp	1 tsp	1 tsp	1 tsp
Milk 1%	FZ	8	8	8		8	8	sugar sub	sugar sub	sugar sub	sugar sub
Coffee	FZ	B	B	Decaffe		8	8	8	8	8	8
T											
Hot Dogs (3oz)	Each	2	2	3oz turkey		2	16 beans	1	1	1	1
Enriched Bread	Slice	2	2	2		2	2	1	2	2	2
Mustard	WZ	1/4	1/4	1/4		1/4	none	1/4	1/4	1/4	1/4
Ketchup	WZ	1/4	1/4	none		1/4	none	1/4	1/4	1/4	1/4
Macaroni Salad	Cup	1	1	16 plain pasta		1	1	1/2	1/2	1	1
Coleslaw	Cup	3/4	3/4	cabbage		3/4	3/4	cabbage	cabbage	1/2	1/2
Cookies (2oz mix)	Each	2	2	pudding		2	2	1 fruit	1 fruit	1 fruit	1 fruit
Fruit Drink	FZ	8	8	10 milk		8	8	8	8	8	8
Turkey w/rice and gravy	WZ	10	10	3oz turkey/1c rice		12	16 beans	6	8	8	8
Coleslaw	Cup	1/2	1/2	cabbage		1/2	16 rice				
Green Peas	Cup	1/2	1/2	cabbage		1/2	cabbage				
Enriched Bread	Slice	2	2	2		2	1/2	1/2	1/2	1/2	1/2
Frosted Cake	Slice	1/54	1/54	1 fruit		1/54	2	2	2	2	2
Margarine	WZ	1/2	1/2	none		1/2	1 fruit	1 fruit	1 fruit	1 fruit	1 fruit
Sweetened Tea	FZ	B	B	B		16 milk	1 tsp	1 tsp	1 tsp	1 tsp	1 tsp
							unsweetened	unsweetened	unsweetened	unsweetened	unsweetened
DIET TYPE: ~~~	*PREGNANCY/ENHANCED		*1800 & 2500 CALORIE DIABETIC								
PM SNACK CHART		Meat/Cheese 2 OZ		Meat/Cheese 1 OZ							
Bread 2 SL		Bread 2 SL		Bread 2 SL							
Condiment 1 PKT		Condiment 1 PKT		Condiment 1 PKT							
Fresh Fruit 1 EA		Fresh Fruit 1 EA		Fresh Fruit 1 EA							
2% Milk 1 C		2% Milk 1 C									

John M. T. Sawyer, RD #822274
10/16/12

Dr. F. J. S. 10/16/12
Jeff S. Brown, P.D. #82274

TUESDAY		WEEK		1							
MEALS:	Diet Load Sheet	SERVING	Gen Pop.	Dental Soft	Cardiac/Low Fat/Slow Salt	Pregnancy/Ehlersdenau*	Vegetarian Lact/ovo	1800	Diabetic**	2500	Diabetic
Oatmeal w/sugar & Cinnamon	Cup	1	1	1	1	1	No Meat/Products	1/2c bacon/bacon	1/2c plain/ham/ham	1c plain/steak	No Added Salt/Fat
Scrambled Eggs	WZ	3	3	1/2	4	3		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Enriched Bread	Slice	3	3	3	3	3		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Jelly	WZ	1/2	1/2	1/2	1/2	1/2		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Margarine	WZ	2/3	2/3	none	2/3	2/3		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Sugar	Each	3	3	3	3	3		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Milk 1%	FZ	8	8	8	8	8		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Coffee	FZ	8	8	8	8	8		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Meat Salad (2oz)	WZ	3	3	3oz turkey	4	4		egg salad	2	2	
Enriched Bread	Slice	2	2	2	2	2		2	2	2	
Soup	Cup	1	1	1	1	1		vegetable soup	raw veggies	raw veggies	
Cottage Fries	Cup	1	1	baked potato	1	1		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Cake	Slice	1/54	1/54	1 fruit	1/54	1/54		1 fruit	1 fruit	1 fruit	
Fruit Drink	Cup	8	8	8	8	8		8	8	8	
Spaghetti w/Sauce (2oz)	WZ	10	10	8	12	12		meatless spaghetti	6	8	
Tossed Salad	Cup	1/2	1/2	1/2	1/2	1/2		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Dressing	FZ	2/3	2/3	1/2	2/3	2/3		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Mixed Vegetables	Cup	1/2	1/2	1/2	1/2	1/2		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Enriched Bread	Slice	2	2	2	2	2		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Margarine	WZ	1/2	1/2	none	1/2	1/2		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Canned Frik	Cup	1/2	1/2	1/2	1/2	1/2		1/2c bacon/bacon	1/2c bacon/bacon	1/2c bacon/bacon	
Sweetened Tea	FZ	8	8	8	10 milk	8		unsweetened	unsweetened	unsweetened	
DIET TYPE =>		*PREGNANCY/ENHANCED		**1800 & 2500 CALORIE DIABETIC							
PM SNACK CHART		Meat/Cheese 2 OZ		Meat/Cheese 1 OZ							
		Bread 2 SL		Bread 2 SL							
		Condiment 1 PKT		Condiment 1 PKT							
		Fresh Fruit 1 EA		Fresh Fruit 1 EA							
		2% Milk 1 C		Fresh Milk 1 C							

Dr. D. 10/14/12

WEDNESDAY		WEEK: 1									
MEALS:	Diet Load Sheet	SERVING	Gen. Prop.	Dental Soft	Cardiac/Low Fat/Low Salt	Pregnancy/Enhanced*	Vegetarian Lacto/Ovo	1800	Diabetic*	2500	Diabetic*
Hot Grits		Cup	1	1	1	1	1	112	1	1	1
Pancakes		Each	3	3	2	3	3	1	2		
B Syrup		FZ	2	2	2	2	2	diet	diet		
R Canned Fruit		Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	
E Margarine		WZ	2/3	2/3	1 1/20	2/3	2/3	1 tsp	1 tsp		
A Sugar		Each	3	3	3	3	3	sugar sub	sugar sub		
F Milk 1%		FZ	8	8	8	8	8	8	8	8	
A Coffee		FZ	8	8	decaf	8	8				
S					2 eggs		1 egg			2 eggs	
T											
Enchilada Casserole (2oz)		WZ	10	10	3oz meat/2 tortillas	12	10 beans/2 tortillas	6	10		
Carrots		Cup	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4	
Tossed Salad		Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	
L Dressing		WZ	1/2	1/2	1 tsp	1/2	1/2	1 tsp	1 tsp	1 tsp	
U Cookies (2oz each)		Each	2	2	pudding	2	2	1 fruit	2 fruit		
V Fruit Drink		FZ	8	8	1c milk	8	8	8	8		
C											
H											
Jambalaya		WZ	10	10	3oz meat/1c rice	12	1c beans/1c rice	6	10		
Coleslaw		Cup	3/4	3/4	cabbage	3/4	cabbage	cabbage	cabbage		
D Carrots		Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	
E Enriched Bread		Slice	2	2	2	2	2	2	2	2	
N Margarine		WZ	1/2	1/2	none	1/2	1/2	1 tsp	1 tsp		
N Cake		Slice	1	1	1 fruit	1	1 fruit	1 fruit	1 fruit		
R Sweetened Tea		FZ	8	8	1c milk	8	8	unsweetened	unsweetened		
DIET TYPE ==>											
*PREGNANCY/ENHANCED											
*1800 & 2500 CALORIE DIABETIC											
PM SNACK CHART											
Meat/Cheese 2 OZ											
Bread 2 SL											
Condiment 1 PKT											
Fresh Fruit 1 EA											
2% Milk 1 C											

*John D. Brown, R.N. 10/14/11
#822-741*

John Dunn 10/14/12
Dent 28000, RD #82274

TUESDAY		WEEK		2							
MEALS:	Diet/Load Sheet	SERVING	Gen. Pop.	Dental Soil	Claudia's Low Fat/Low Salt	Pregnancy/Ethiopian	Vegetarian/Lact/Ovo	1800	Diabetic*	2500	Diabetic*
Oatmeal w/ Sugar & Cinnamon		Cup	1	1	1	1	1	1	1/2c plain cereal	1/2c plain oatmeal	2
Pancakes		Each	3	3	2	3	3	1	1	1	2
R Syrup		FZ	2	2	2	2	2	2	diet	diet	2
E Sausage		WZ	1	1	1 boiled egg	2	2	2	2	2	2
A Margarine		WZ	2/3	2/3	1 tbs	2/3	2/3	1 tbs	1 tbs	1 tbs	1 tbs
F Sugar		Each	3	3	3	3	3	3	sugar sub	sugar sub	3
A Milk 1%		FZ	8	8	8	8	8	8	8	8	8
S Coffee		FZ	8	8	decade	8	8	8	8	8	8
T								1 fruit	1 fruit	1 fruit	1 fruit
Vegetable Soup		WZ	1	1	low sodium	1	1	1/2	1/2	1/2	1
Hot Ham Sandwich		Each	2 1/2	2 1/2	3oz turkey	3	3	3oz cheese	2	2	2
Enriched Bread		Cup	2	2	2	2	2	2	2	2	2
Baked Beans		Cup	1/2	1/2	1/2c plain beans	1	1	1/2	1/2	1/2	1/2
L Tossed Salad		Slice	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
N Dressing		Cup	1/2	1/2	1 tbs	1/2	1/2	1 tbs	1 tbs	1 tbs	1 tbs
G Cake		Slice	1	1	1 fruit	1	1	1 fruit	1 fruit	1 fruit	1 fruit
H Fruit Drinks		FZ	8	8	8	10 mlk	8	8	8	8	8
C Cheese		WZ	1/2	1/2	none	1/2	1/2	none	1/2	1/2	1/2
Salisbury Steak		WZ	3	3	3	4	4	1c beans	2	3	3
Mashed Potatoes		Cup	1	1	1	1	1	1/2	1/2	1	1
Gravy		FZ	3	3	none	3	3	none	2	2	2
D Wax beans		Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
I Enriched Bread		Slice	2	2	2	2	2	2	2	2	2
N Margarine		WZ	1/2	1/2	none	1/2	1/2	1 tbs	1 tbs	1 tbs	1 tbs
E Cake		Slice	1/54	1/54	1 fruit	1/54	1/54	1 fruit	1 fruit	1 fruit	1 fruit
R Sweetened Tea		FZ	8	8	8	10 mlk	8	unsweetened	unsweetened	unsweetened	unsweetened
DIET TYPE =>		*PREGNANCY/ENHANCED		*1800 & 2600 CALORIE DIABETIC							
PM SNACK CHART		Meal/Cheese 2 OZ		Meal/Cheese 1 OZ							
		Bread 2 SL		Bread 2 SL							
		Condiment 1 PKT		Condiment 1 PKT							
		Fresh Fruit 1 EA		Fresh Fruit 1 EA							
		2% Milk 1 C		2% Milk 1 C							

John S. [Signature]
11/12

THURSDAY		WEEK		3							
MEALS:	Diet/Lead Street	SERVINGS	Gen Pop.	Dental Selt.	Cards/Ch/low Fat/Ch/low Salt	Pregnancy/Enhanced*	Vegetarian/Lacto/Ovo	1800	Diabetic*	2500	Diabetic*
Oatmeal Av Sugar & Cinnamon	Cup	1	1	1	1	1	No Added Salt/Fat	No Added Salt/Fat	No Added Salt/Fat	No Added Salt/Fat	No Added Salt/Fat
B Bread	Slice	3	3	2	2	3	1	1/2C plain oatmeal	1C plain oatmeal	1C plain oatmeal	1C plain oatmeal
R Hash Browns	Cup	3/4	3/4	boiled potatoes	3/4	3/4	1/2	1/2	1/2	1/2	1/2
E Scrambled Eggs	WZ	3	3	1 1/2	4	3	1/2	1/2	1/2	1/2	1/2
A Margarine	WZ	2/3	2/3	none	2/3	2/3	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2
F Sugar	Each	3	3	3	3	3	3	1 1/2	1 1/2	1 1/2	1 1/2
A Milk 1%	FZ	8	8	8	8	8	8	8	8	8	8
S Coffee	FZ	8	8	decaf	8	8	8	8	8	8	8
T Jelly	FZ	1/2	1/2	1/2	1/2	1/2	diet	diet	diet	diet	diet
Turkey salad (2oz.)	WZ	3	3	3oz turkey	4	4	egg salad	2	2	2	2
Enriched Bread	Slice	2	2	2	2	2	2	2	2	2	2
Rice	Cup	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4	3/4
L Pasta Salad	Cup	1/2	1/2	1/2C plain pasta	1/2	1/2	raw veggies	1/2	1/2	1/2	1/2
U Cake	Slice	1/24	1/24	1 fruit	1/24	1/24	1 fruit	1/24	1/24	1/24	1/24
N Fruit Drink	FZ	8	8	8	8	8	8	8	8	8	8
C											
H											
Ground Meat Stew (2oz.)	WZ	10	10	3oz ground meat	12	12	1C beans	6	6	10	10
Rice	Cup	1	1	1	1	1	1	1/2	1/2	1	1
Coleslaw	Cup	1/2	1/2	cabbage	1/2	1/2	cabbage	cabbage	cabbage	cabbage	cabbage
D Enriched Bread	Slice	2	2	2	2	2	2	2	2	2	2
I Margarine	WZ	1/2	1/2	none	1/2	1/2	1/2	1/2	1/2	1/2	1/2
N Pudding	Cup	1/2	1/2	1 fruit	1/2	1/2	1 fruit	1 fruit	1 fruit	1 fruit	1 fruit
E Sweetened Tea	FZ	8	8	16 milk	8	8	unsweetened	unsweetened	unsweetened	unsweetened	unsweetened
R											
DIET TYPE =>		*PREGNANCY/ENHANCED		*1800 & 2500 CALORIE DIABETIC							
PM SNACK CHART		Meat/Cheese 2 OZ		Meat/Cheese 1 OZ							
		Bread 2 SL		Bread 2 SL							
		Condiment 1 PKT		Mustard 1 PKT							
		Fresh Fruit 1 EA		Fresh Fruit 1 EA							
		2% Milk 1 C									

John B. M. 10/16/12
Dr. B. Bawer, RD #R22741

THURSDAY		WEEK		4			
MEALS:	Diet Load Sheet	SERVING	Gen Pop.	Dental Soft.	Cardio/Chewy/Fat/Flavor/Salt	Pregnancy/Enhanced*	Vegetarian/Last/Over
					No Added Salt/Fat	No Added Salt/Fat	No Meat/Products
Oatmeal w/ Sugar & Cinnamon	Cup	1	1	1	1	1	1
Scrambled EGGS	FZ	3	3	1 1/2	4	3	1 1/2
Biscuits	Each	2	2	2	2	2	2
Margarine	WZ	2/3	2/3	none	2/3	2/3	1 tsp
Jelly	WZ	1/2	1/2	1/2	1/2	1/2	1/2
Sugar	Each	3	3	3	3	3	super sub
Milk 1%	FZ	8	8	8	8	8	8
Coffee	FZ	8	8	decaf	8	8	8
T							
Turkey Sandwich (2oz Meat)	WZ	3	3	3oz turkey	4	4oz sald	2
Enriched Bread	Slice	2	2	2	2	2	2
Soup	Cup	1	1	low sodium soup	1	vegetable soup	1/2
Coleslaw	Cup	1/2	cabbage	cabbage	1/2	carrots	1/2
Cookies (2oz mix)	Each	2	pudding	1 front	2	1 fruit	1 fruit
Fruit Drink	FZ	8	8	10 milk	8	8	8
C							
Crust Wagon Party	WZ	3	3	3oz unbreaded party	4	veggie party	2
Rice	Cup	1	1	1	1	1	1
Brown Gravy	FZ	3	3	none	3	pot	2
Steamed Cabbage	Cup	1/2	1/2	1/2	1/2	1/2	1/2
Bread	Slice	2	2	2	2	2	2
Margarine	WZ	1/2	1/2	none	1/2	1/2	1/2
Frosted Cake	Slice	1/54	1/54	1/54	1/54	1/54	1/54
Sweetened Tea	FZ	8	8	8	16oz milk	8	unsweetened
R							
DIET TYPE ==>	*PREGNANCY/ENHANCED		*1800 & 2500 CALORIE DIABETIC				
PM SNACK CHART		Meat/Cheese 2 OZ		Meat/Cheese 1 OZ			
Bread 2 SL		Bread 2 SL		Bread 2 SL			
Condiment 1 PKT		Condiment 1 PKT		Mustard 1 PKT			
Fresh Fruit 1 EA		Fresh Fruit 1 EA					
2% Milk 1 C							

John D. Murphy, MD #822741

SUNDAY		WEEK		4								
MEALS:	Diet/Liquid Sheet	SERVING	Gen Pop.	Dental Soft	Certified/Low Fat/VLow Salt	No Added Salt/Fat	Pregnancy/Enhanced*	Vegan/arian Lacto/Ovo	1800	Diabetic**	2500	Diabetic**
Oatmeal w/ Sugar & cinnamon	Cup	1	1	1	1	1	1	1	1	1/2c plain oatmeal	1c plain oatmeal	
B Scrambled Eggs	WZ	3	3	1 1/2	4	3	1 1/2	1 1/2	3	1 1/2	3	
R Biscuits	Each	2	2	2	2	2	2	2	2	2 sl bread	2 sl bread	
E Margarine	WZ	2/3	2/3	None	2/3	2/3	None	1 tsp	1 tsp	1 tsp	1 tsp	
A Jelly	WZ	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	diet	diet	
F Sugar	Each	3	3	3	3	3	3	3	3	sugar sub	sugar sub	
A Milk 1%	FZ	8	8	8	8	8	8	8	8	8	8	
S Coffee	FZ	8	8	desire	8	8	8	8	8	8	8	
T												
Hot Dogs	WZ	3	3	3	4	none	2	2	2	2	2	
Bread	slice	2	2	2	2	2	2	2	2	2	2	
Printo Beans	Cup	3/4	3/4	3/4	1	1	1 1/2	1/2	1/2	1	1	
Steamed Cabbage	Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	
L Ketchup	FZ	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	
U Mustard	FZ	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4	
N Cockles (2oz mix)	Each	2	2	pudding	1 full	2	2	1 full	1 full	1 full	1 full	
C	FZ	8	8	1c milk	8	8	8	8	8	8	8	
H Fruit Drink												
Taco Meat (2oz Meat)	WZ	4	4	3oz plain meat	6	none	4	4	4	4	4	
Shredded Lettuce	Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	
Shredded Cheese	WZ	1/2	1/2	None	1/2	1	none	none	1/2	1/2	1/2	
D Tortilla	Each	2	2	2	2	2	2	1	1	2	2	
I Rica	Cup	3/4	3/4	3/4	3/4	3/4	1	1	1	1	1	
N												
E Binto Beans	Cup	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	
F Frosted Cakes	slice	1	1	1 full	1	1	1	1 fruit	1 fruit	1 fruit	1 fruit	
R Sweetened IGA	FZ	8	8	8	1c milk	8	8	unsweetened	unsweetened	unsweetened	unsweetened	
DIET TYPE =>		*PREGNANCY/ENHANCED		*1800 & 2500 CALORIE DIABETIC								
PM SNACK CHART		Meat/Cheese 2 OZ		Meat/Cheese 1 OZ								
		Bread 2 SL		Bread 2 SL								
		Condiment 1 PKT		Mustard 1 PKT								
		Fresh Fruit 1 EA		Fresh Fruit 1 EA								
		2% Milk 1 C										

*Dr. B. J. Joseph, RD #82274
1/14/13*

MONDAY		WEEK: 4		WEEK: 4		WEEK: 4		WEEK: 4		WEEK: 4	
Diet/Load Sheet	SERVINGS	Gen Pop.	Dental Soft	Cardiac/Low Fat/Low Salt	Pregnancy/Enhanced*	Vegetarian/Lacto/Ovo	1800	Diabetic*	2500	Diabetic*	
MEALS:											
Dry Cereal	Cup	1	16 hol	1	1	No Meat/Products	No Added Salt/Fat	No Added Salt/Fat	No Added Salt/Fat	1	
Breakfast Gravy	Cup	3/4	3/4	1oz T. ham	1	1	1	1/2	3/4	1/2	
Biscuits 1/24	Each	2	2	2oz bread	2	2	meatless gravy	1st bread	2st bread	3/4	
Margarine	WZ	2/3	2/3	none	2/3	2/3		1 tsp	1 tsp		
Sugar	Each	3	3	3	3	3		sugar sub	sugar sub		
Milk %	FZ	8	8	8	8	8		8	8		
Coffee	FZ	8	8	desire	8	8		8	8		
A											
S											
T											
Beef Patty	WZ	3	3	3	4	veggie patty	2	2	2		
Imitation Cheese	WZ	1/2	1/2	none	1	1/2	none	none	none		
Bun	Each	1	1	1	1	1	1	1	1		
Mustard	FZ	1/4	1/4	1/4	1/4	1/4	1/4	1/4	1/4		
Ketchup	FZ	1/4	1/4	none	1/4	1/4	1/4	1/4	1/4		
Coleslaw	Cup	3/4	3/4	cabbage	3/4	3/4	cabbage	1/2	1/2		
Cake	Slice	1/54	1/54	1 fruit	1/54	1/54	1 fruit	1 fruit	1 fruit		
Fruit Drink	FZ	8	8	8	8	8	8	8	8		
Chili Con Carne (2oz)	WZ	10	10	8	12	meatless chili	6	10	10		
Rice	Cup	1	1	1	1	1	1	1/2	1		
Corn	Cup	1/2	12	1/2	12	12	12	12	12		
Combread	Slice	1/54	1/54	2st bread	1/54	1/54	1st bread	1st bread	1st bread		
Margarine	WZ	1/2	1/2	none	1/2	1/2	1st bread	1st bread	1st bread		
N Cookies (2oz mix)	Each	2	pudding	1 full	2	2	1 fruit	1 fruit	1 fruit		
E Sweetened Tea	FZ	8	8	8	8	8	unsweetened	unsweetened	unsweetened		
R											
DIET TYPE =>											
*PREGNANCY/ENHANCED											
PM SNACK CHART											
Meat/Cheese 2 OZ											
Bread 2 SL											
Condiment 1 PKT											
Fresh Fruit 1 EA											
2% Milk 1 C											

Dr. S. S. 10/14/12

PREGNANCY/ENHANCED

1800 & 2500 CALORIE DIABETIC

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172

THE SNACK CHART

Mac/cheese 2 oz

Meatchesee 107

10

10

Fresh Fruit 1EA
2% Milk 1C

Fresh Fruit Tea

11

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Dr Frank H. Van